



MANAGING DEPLOYMENT

Photos courtesy of www.navy.mil

Fleet Response Plan

“Presence with a Purpose”

What does FRP mean for me and my family?

- **15-Month Deployable Window**
- **Commands *May Not* Deploy for *Entire* Deployable Window**
- **Sailor & Family *Must* Be Ready to Deploy with Short Notice**



Photo courtesy of www.navy.mil

Deployment & Emotions

✚ **Phase I: Pre-Deployment**

Common Feelings Include:

Denial; Fear; Anger; Resentment;
Emotional Withdrawal

✚ **Phase II: Deployment**

Common Feelings Include:

Emptiness; Confusion; Loneliness

✚ **Phase III: Adjustment**

Common Feelings Include:

Confidence; Less Anger; Hope;
Equilibrium



These feelings are normal!

Managing Deployment

Concerned

about *ERP & the New Deployment Plan?*

- ◉ *Financial Issues?*
- ◉ *Parenting?*
- ◉ *Emotional Support?*
- ◉ *Resources?*
- ◉ *Everyday & Emergency Issues?*
- ◉ *Where can you go for help?*

Your Fleet & Family Support Center can help you with these issues and more!

“Big Ten”

For more info, see the FFSC checklists or contact us

- 1. Does WHOLE Family Know Sailor's Rate, Rank, Dept/Div, Email, Mail Address, & Full Command Name?**
- 2. Know Your Ombudsman Contact Information?**
- 3. Know Renewal & Replacement Policies for Military ID Cards (Get a Copy of Sponsor's ID card & Check)?**
- 4. Know MYPAY System Information (Including PIN)?**
- 5. Have a Communication Plan?**
- 6. Have Car Information (Registration, Repair & Insurance)?**
- 7. Know House Info & Location of Important Documents?**

Your FFSC: One Stop Shopping

When the personal touch is what you need...

- Clinical Counseling
 - Relocation Assistance
 - Information & Referral
 - Volunteer Opportunities
 - Ombudsman Support
 - Spouse Employment & Transition Assistance
 - Deployment Programs
 - Personal Financial Management
 - Life Skills Workshops
 - Personal Improvement Workshops
- We are standing by... ready to serve you!**
- Free & Confidential**

Information & Referral

Where to go...when you don't know!

- Free & Confidential
- Individualized Assistance
- Referrals to Military & Civilian Resources
- Exceptional Family Member (EFM) Program Information
- Introduction to Military Life for New Spouses
- International Spouse Orientation
- Emergency Assistance
- And more!



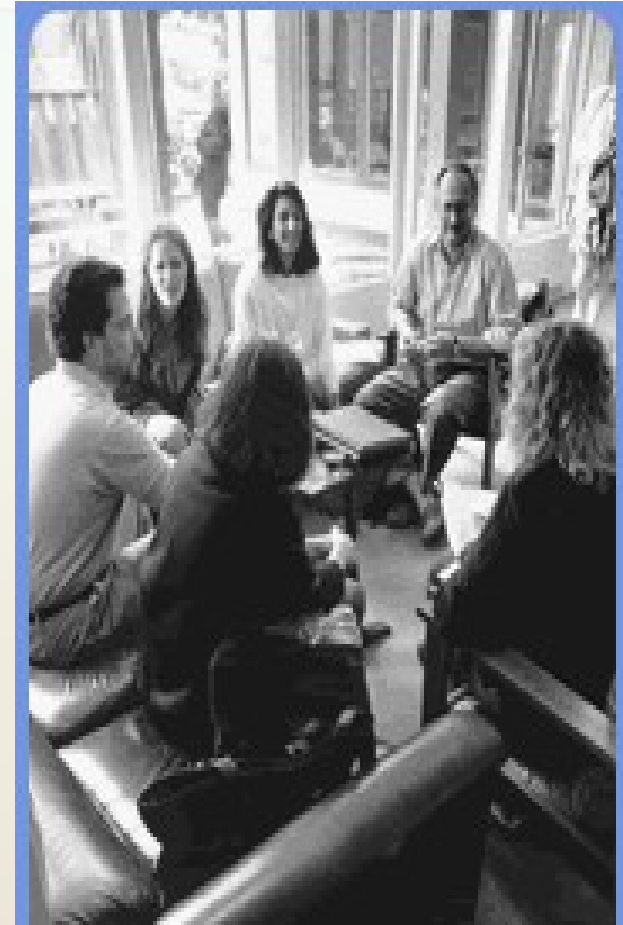
Deployed Spouse Support Group

*When no one seems to understand...
Share with others who know and care!*

Married to a deployed Sailor or Marine? Join our group for coping techniques and a “safe place” to find support.

■ **Tuesdays, 10-11:30 am,
32nd Street, Bldg 259**

■ **Wednesdays, 9:30-11
am, NASNI, Bldg 318**



United Through Reading

***Parents and Kids staying
connected...***

- Parents and Children reading aloud to each other
- Eases children's fears
- Strengthens family bond
- Boosts family morale
- Helps the sailor feel connected
- Brings the deployed parent into the living room



Courtesy ABC Worldnews.com

www.read2kids.org

Clinical Counseling

Safe ❖ Secure ❖ Support

- ❖ **Licensed Clinical Counselors**
- ❖ **Individual, Marital, & Family Counseling**
- ❖ **Support Groups & Life Skills Workshops**
- ❖ **Duty Counselor for Same Day Service**
- ❖ **Evening Hours & Friday Hours at Murphy Canyon Chapel**



New Parent Support

***For the next
generation..***

- ❑ Supportive Environment
- ❑ Help with “New Parent” Issues
- ❑ Prenatal Support
- ❑ Manage New Baby Stress
- ❑ Improve Communication Skills
- ❑ Education & Resources



Call Kathleen at (619) 556-8106 for more info!

Financial Management

***Because money
counts!***

- ❖ **Free & Confidential**
- ❖ **Individual Counseling**
- ❖ **Financial Workshops**
- ❖ **Budget & Credit Management**
- ❖ **Savings & Investing**



❖ **Education & Resources**

Don't Miss WIC at Your FFSC!

Have good nutrition, manage the budget, and stay healthy!

At FFSC NBSD & MCCS MCRD on Fridays, 0900-1500

At FFSC NASNI on Wednesdays, 0900-1500

Career Center

***When Help's
Wanted!***

- ✿ **Spouse Employment Assistance**
- ✿ **Individual Assistance (Walk-in)**
- ✿ **Résumé & Federal Application Review**
- ✿ **Workshops**
- ✿ **Computers & Internet Access**
- ✿ **Free Fax & Copier**
- ✿ **Job Listings & Mock Interviews**
- ✿ **Employment Library**



Command Ombudsman

Your reliable connection to the
Command!

- ✦ Direct Link to Accurate Command Information
- ✦ Confidential Resource
- ✦ Navy Spouse & Volunteer
- ✦ Communicates with Families through Email & Newsletters
- ✦ Communicates with CO, XO & CMC
- ✦ Provides Resource Referrals
- ✦ Available for Emergencies & Routine Requests



Navy One Source

***When the personal touch is unavailable,
Navy One Source is there.***

Information - Anywhere and Anytime

www.navyonesource.com

User ID: Navy
Sailor

Password:

(800) 540-4123

❖ Free Publications & Online Info ❖ National
Support ❖ Everyday Issues ❖ School
Information ❖ Family Issues ❖ Health & Wellness ❖
and more!



Real people who really care!

Naval Base San Diego

Buildings 259 & 263, up the hill from NEX & Commissary and near Housing Office

NAS North Island

Building 318-W-1, near AIRPAC & the North Island Credit Union

Naval Base Pt. Loma

Building 211 (second deck) & 212, just off Rosecrans St. in



Visit Your FFSC Online!



[www.cnrsw.navy.mil/fsc/fsc.h](http://www.cnrsw.navy.mil/fsc/fsc.htm)
[tm](http://www.cnrsw.navy.mil/fsc/fsc.htm)